3: Cohen E-4,5 (1956-1957) 1960 M514 Kanuri M514

[262] [264] [782] where cooked food is sold, or at ceremonial gatherings when there is generally more meat present in the food, due to the practice of killing a goat or a sheep at almost all periodic religious ceremonies and rites de passage. Rice, wheat, guinea-corn, maize, boiled roots and leaves, squashes, cucumber, tomatoes, occra, groundnuts, milk, chicken, butter, cooked meats, and millet beer brewed by pagans are also periodic but small additions to the normal peasant diet.(1)

S 11 In the survey sample the average amount consumed per day per capita was 1.24 zaka(2) with almost the entire range (except for two cases) running from one to one and a half zaka per person. Using the zaka as roughly 1.6 lbs. of millet (it varies in size during the year) this means that for the most part the rural peasant eats 1.6 to 2.4 [435] lbs. of millet per day with a mean intake of 1.9 lbs. per person. The price of millet in Magumeri (1955-57) varied from 22/- to 20/- per bag (120 zaka), but remained for long periods at 25/- per bag. It follows then that for the period 1955-57 the average rural household of 3.9 (from the sample survey) or roughly four persons, required at least twenty-five bags of millet per year or about thirty-one pounds sterling in cash value at the prevailing market prices, as a minimum subsistence amount for their millet needs.

[146] (1) From tests done in other sections of Northern Nigeria, it is estimated that the average peasant diet in the region as a whole, varies between 2400-2900 calories per day, with a general deficiency in proteins and vitamins, see Nicol, B.C., Nutrition in Nigeria, British Journal of Nutrition, Vol. 3 (1943) 25-43.

[804] (2) This was corroborated in the budget data. A zaka is a small gourd which is used as the standard measure in buying and selling small quantities of grain, beans and nuts. Four zaka equal one darum (a medium-sized calabash); four darum equal one sa (a large calabash), and there are 7.5 to 7.8 sa per buhu or large bag of grain, beans or nuts, i.e. about 120 zaka per buhu. Zaka of millet were weighed, measured and averaged to obtain English equivalents.